



Pantry Partner

North Dakota Community Action Association

What is it like when a paycheck won't buy enough groceries?

That is a question many of North Dakota's working poor are facing on a regular basis. According to the results of a statewide low-income food needs assessment conducted by the North Dakota Community Action Association, an alarming 50% of the respondents indicated that during the last twelve months they did not have sufficient income to meet their household food needs.

Approximately 1,760 low-income individuals from across the state were surveyed. The assessment was part of a continuing research series conducted by the Community Action network and its collaborative partners.

The assessment results will be utilized to identify service gaps, evaluate current programs and services, and identify solutions to enhance the



"After medical, childcare and transportation costs...not much is left over for food."

emergency food delivery system.

For a complete copy of the *Food Assessment Results* contact the NDCAA at 701-258-2240 or 1-800-223-0364.

Major highlights from the assessment include the following :

- Respondents needed the most assistance with obtaining:
 - Meat / Fish
 - Milk / Dairy
 - Fresh Fruit
 - Eggs Cheese
 - Fresh Vegetables
- End of the month and winter months are when food was needed the most.
- Respondents contributed their need to:
 - Low Wages
 - Unexpected Expenses
 - Medical Costs
- 35.5% were on food stamps, 35% were not eligible, 25.2% did not know if they were eligible, 4.3% were not eligible.
- 41% indicated that better jobs / pay would help meet their monthly food needs.



Big Changes for Food Stamp Program

On October 1st, 2000, the Food Stamp Program in North Dakota underwent several dramatic changes. Most recently, program eligibility was determined by an asset test and available income. In many instances, working families who did not earn enough to meet their household food needs, but had a vehicle valued at

\$4,650 or more or a savings account of more than \$2,000 did not qualify for the food stamp program. Liquidating a vehicle or a savings account in order to qualify for the program was not an uncommon action. However, these drastic measures are no longer necessary. The vehicle and savings limitation were

eliminated. These changes come after an extensive review of the program. Asset limits, which discourage people from saving for a home, education, emergencies or retirement do not promote self sufficiency. For more information contact: ND Dept of HS Energy & Nutrition Div. 1-800-755-2716.

Vol. 1, Issue 1

November 2000

Inside this issue:

Food Dialog 2
Workshops are headed your way!

Resource Review: 3
Helpful hints

One Woman's fight 2
against hunger

Food Gleaning...a 5
success story

Utilizing your local 6
NDSU Extension

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Food Dialog participants
in Bismarck work
together to address
common problems.

Food Dialog Workshop is Coming to a Town Near You...

Recently, a number of emergency food providers gathered at the first of several *Food Dialog workshops* in Bismarck. The *Dialogs* are sponsored and coordinated by the North Dakota Community Action Association. The workshop is intended to serve as a vehicle for enhanced communication among emergency food providers, sharing successes, identifying common service

gaps and developing solutions.

The attendees had the opportunity to attend round-table discussions on such topics as the commodity program, grant writing, food stamps, safe food handling and storage and volunteer recruitment. One attendee described the workshop as *"the best I have ever attended. It is great to talk to others in this field. We should do this on an annual*

basis."

The *Dialog Workshops* will travel around to various sites across the state to ensure participation from all those interested. The next workshop is scheduled for:

**Monday, November 27th
10:00 am to 3:30 pm CST
Holiday Inn, Fargo**

For more information about the workshop or to register call the NDCAA office at 701-258-2240 or 1-800-223-0364

Big Heart in a Small Town... One Woman's Effort to Feed the Hungry

"I just needed something to do..." is Vivian Gullickson's response when asked why she volunteers. A simple answer is fitting for a woman of her nature. Gullickson has dedicated her "retirement" years to fighting a problem bigger than she could ever have imagined...hunger.

Gullickson, unable to return to work after mounting health problems, could not sit idle for long. There was a dire need in rural Morton county that was not being addressed. People were hungry and who better to feed them than a strong-willed woman familiar with their plight? Gullickson, a single mother of eight, struggled and scraped to

provide for her family as they grew up. She wished there would have been more places for her to turn for help in time of need. With those vivid memories of hunger pains serving as a driving force, Gullickson set out to establish a food pantry in her small town of Breien, North Dakota which is nothing more than a handful of neatly clad houses and a dirt road for a main street. The food pantry needs no sign.... everyone knows where they can find Vivian for help.

In 1992, Gullickson purchased a small building for \$100 from a local farmer. With the help of family, friends, neighbors and the Community

Action Program Region VII, the doors to the Breien food pantry were opened. The pantry provides emergency food services and commodities to over one-hundred families each year. Although most of her food supply is donated, she is responsible for providing volunteer staffing, transportation of commodities from Bismarck to Breien, freezers, refrigerators, and utilities. Gullickson's determination and genuine willingness to help those in need keeps the doors open and the shelves fully stocked. People utilizing her food pantry are sure to get a warm cup of coffee, treats for their kids and a few words of encouragement.

Vivian Gullickson,
Breien Food Pantry,
Breien, North Dakota.

Resources from the USDA



How can you identify barriers to food security in your community and work to overcome those barriers? The USDA Food and Nutrition Services (FNS) has developed multiple resources to help assess the local availability of USDA nutrition programs and identify projects that will build food security.

- *"Together We Can!"* is a handbook that supplies ideas and action plans for anti-hunger projects and recommends anti-hunger resources.
- *"A Guide to Measuring Household Food Security"* supplies tools and techniques for measuring food security in local communities.

To obtain these resources contact the USDA at 703-305-2133.



Grant Opportunity from Philip Morris Companies, Inc.

Hunger is the number one grant-making priority for all of Philip Morris companies. Their primary focus is funding the direct services of hunger-relief programs that:

- Provide food directly to hungry people through food pantries
- Collect food for distribution, such as gleaning programs and food rescue projects
- Help feed the hungry within special populations, such as low-income and elderly
- Increase the availability of fresh fruits and vegetables for those in need.

The grant process is simple and straight-forward. For a complete list of grant making guidelines, contact *Kraft Foods, Inc.*, Director of Corporate Contributions, Three Lakes Drive, Northfield IL 60093.



Training Your Volunteers Seminar

Bismarck State College is offering a seminar to help you gain the skills and knowledge needed to design and customize training for your volunteer staff. The workshop is scheduled for December 20th from 1:00 to 3:50 pm. The cost of the seminar is \$45 and is conducted via the interactive video network at the following locations: *Bismarck State College, Minot State University, ND State University, Dickinson State University and the University of ND.* For more information contact the Corporate and Continuing Education Division at 701-328-9841 or 1-800-852-5685



What's Cookin'?

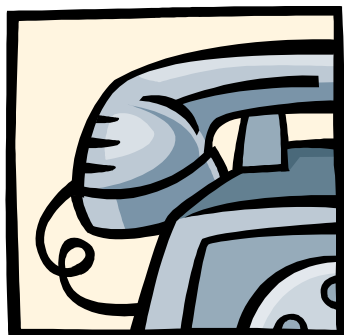
Looking for nutritious, practical and low-cost recipes for your clients? The book, *"Recipes and Tips for Healthy, Thrifty Meals"* includes tips on meal planning, best buys, healthy cooking and food safety. The book costs \$4.25 if ordered by mail or can be downloaded from the internet free of charge at :

www.usda.gov/cnpp/pubscookbooks

To order a copy for mail delivery, call 202-512-1800 refer to stock number: 001-000-04680-2.

RESOURCES

- The Independent Sector has produced a handy brochure: *"The Sixty Second Guide to Working Effectively with the Media."* Call their publications dept. for a free copy at 1-888-860-8118.
- A new North Dakota searchable database provides a mountain of information about services available statewide: check out www.ndinfo.org
- The National Christina Foundation aims to ensure access to computer technology for people at risk and economically disadvantaged. They match companies interested in donating obsolete surplus computers and related equipment to nonprofits serving those populations. Contact: Yvette Marrin, President, National Christina Foundation, Stanford CT 06902-7474 for more information.
- Have a client who is having trouble paying for their costly medications? Check out www.needymeds.com for information on drug companies that will assist people who cannot otherwise afford needed medication.



The *HELP-LINE* can be accessed by calling 1-800-472-2911.

Help is a Phone Call Away

By: Rose Stoller, Mental Health Association in ND

Do you routinely have clients accessing emergency food that are in need of other resources or even simply a listening ear?

For nearly, 30 years, the Mental Health Association in North Dakota has offered the services of the *HELP-LINE* to citizens of North Dakota. *HELP-LINE* is a 24-hour, 7 day-a-week, toll-free crisis intervention / information and referral telephone line. *HELP-LINE* is a *HUMAN VOICE* line which means that callers will hear a live

human voice no matter what time of day or night they call. No menu to navigate!

Trained staff and volunteers took over 10,000 calls in 1999 on the *HELP-LINE* regarding a wide variety of issues including, depression, relationship problems, rural stress, compulsive gambling, and domestic violence. Calls were also received to assist persons in meeting basic needs such as food, clothing, or shelter. Staff and volunteers are ready to assist in a crisis such as a

suicide risk or to spend time on the phone with a caller who simply needs a listening ear.

Anyone should feel free to utilize the *HELP-LINE* for assistance and referral at any time. Callers may give as much or as little information as they choose and all calls are completely confidential. We all need to remember that asking for help is not a sign of weakness but rather, a sign of strength. Make the *HELP-LINE* connection by calling 1-800-472-2911.



Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- | | |
|--|--|
| <input type="checkbox"/> Community Action | <input type="checkbox"/> Food Gleaning |
| <input type="checkbox"/> Food Dialog Workshop | <input type="checkbox"/> Grant Opportunities |
| <input type="checkbox"/> Other: please specify | <input type="checkbox"/> Food Needs Assessment Study |

- ☐ I would like to contribute a story or news bit for the next newsletter. Please contact me.

NAME _____

ADDRESS _____

PHONE _____

Comments:

**North Dakota Community
Action Association
2105 Lee Avenue
Bismarck ND 58504**

Protecting Food Donors

Ever wonder what would happened if a good-intending person donated food to your pantry and it later caused a recipient to become ill? *The Bill Emerson Good Samaritan Food Donation Act* protects good-faith food donors from civil and criminal liability. The law protects food donors, including individual private citizens, wholesalers, and non-profit feeding programs who act in good faith. The act provides protection for food and grocery products that meet all quality and labeling standards imposed by federal, state and local laws and regulations even though the food may not be "readily marketable due to appearance, age, freshness, grade, size, surplus or other conditions.




NDCAA

A Food Gleaning Success Story

By: Red River Valley Community Action, Grand Forks

Food Fellowship is a prepared and perishable food recovery, or gleaning, program designed to serve the Greater Grand Forks community. This program recovers surplus foods, which might otherwise be discarded, from area schools, grocery stores, hospitals, and restaurants.

The food is then redistributed to those in the community who might otherwise go hungry. Programs targeting children at risk of hunger, single parents, the developmentally disabled, those living in shelters and other similar populations receive the food recovered through the program.

The food is picked up and

transported by a network of community volunteers. The volume of food recovered and put to good use in the community is astronomical. In 1999, over **80,000** pounds of food was distributed.

Some of the major donors to the recovery program include:

- *University of North Dakota*
- *Pizza Hut*
- *Grand Forks Public Schools*
- *Hugo's Grocery Store*
- *Grand Forks Grocery*
- *Altru Hospital*

The *Food Fellowship Program* was established in November 1998 by the *Hunger Advisory Council*

and the *Red River Valley Community Action Agency* in Grand Forks.

The Red River Valley Community Action Agency has many resources and information available on organizing and developing a food recovery program. If you are interested in starting a food recovery program in your area or would like additional information, contact Karen Schelinder or Terry Steinke at:

Red River Valley
Community Action
1013 N. Fifth Street
Grand Forks ND 58203
1-800-450-1823 or
701-746-5431

"Over 80,000 pounds of food was distributed in 1999. This food would have otherwise ended up in the local landfill."

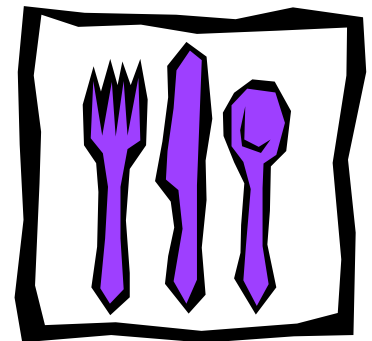
-Terry Steinke, Food Fellowship Coordinator, Red River Valley Community Action-


What foods can be donated to a recovery program?

- Unserved leftovers stored frozen (or below 40 F for less than 40 hours from preparation time)
- Food that has been served from a protected, temperature-controlled buffet.
- Food that has been prepared but not cooked
- Produce that is still 75% good
- Unusable pieces of fresh meat and fish.
- Prepared sandwiches (except mayonnaise based)
- Close-coded dairy products
- Breads, bagels, sweet rolls, etc.
- Packaged frozen products

UNACCEPTABLE DONATIONS

- Food prepared or stored in an unlicensed kitchen
- Foods leftover for a second time (i.e. food that has been already reheated once)
- Foods that have been thawed and refrozen
- Mayonnaise based salads and sandwiches
- Desserts that include pudding or custard filled pastries
- Food taken from an unprotected, non-temperature controlled buffet





Pantry Partner Newsletter

North Dakota Community Action Association
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WE'RE ON THE WEB!
WWW.NDCAA.ORG

This newsletter was made possible with a *Community Food & Nutrition Grant* from the *North Dakota Division of Community Services*.



Contact your local
NDSU Extension office
for more information.

Collaborating & Enhancing Services

Working with your local NDSU Extension Service

Do your clients routinely run out of money for food before the end of the month? Eat the same foods day after day? Unsure about what to feed their children? If yes, the Family Nutrition Program of NDSU Extension may be of great service.

The Family Nutrition Program (FNP) provides a free program to small groups or individuals that addresses these dilemmas and much more. Attendees will learn how to fix great tasting food that is healthy and make their food dollars last longer. Your food pantry and your local FNP could partner and provide this program in your local community. Promote the program and make it available to everyone not just clients—community

attendees could be asked to provide one donated item for your food pantry shelves. This is a great way to enhance services to your clients and your entire community, build effective partnerships, and raise awareness of your food pantry and the hunger needs in your area.

NDSU Extension Service also have an enormous variety of helpful publications available for distribution to your clients. Everything from safe food handling and storage to creating a monthly budget. For more information contact NDSU Extension at 701-231-7251.